

## Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
<b>BEEF PRODUCTS, canned or frozen<sup>12, 13</sup> (continued)</b>					
Beef Products <b>Chili con Carne<sup>12, 13</sup></b>	Pound	3.50	1/2 cup serving (about 1 oz cooked lean meat)	28.6	1 lb AP = 0.28 lb cooked lean meat
Beef Products <b>Chili con Carne with Beans<sup>12, 13</sup></b>	Pound	2.33	3/4 cup serving (about 1 oz cooked lean meat)	43.0	1 lb AP = 0.18 lb cooked lean meat
Beef Products <b>Corned Beef and Cabbage<sup>12, 13</sup></b>	Pound	3.50	1/2 cup serving (about 1 oz cooked lean meat)	28.6	1 lb AP = 0.25 lb cooked lean meat
Beef Products <b>Corned Beef Hash<sup>12, 13</sup></b>	Pound	4.66	3/8 cup serving (about 1 oz cooked lean meat)	21.5	1 lb AP = 0.35 lb cooked lean meat
Beef Products <b>Gravy and Beef<sup>12, 13</sup></b>	Pound	3.50	1/2 cup serving (about 1 oz cooked lean meat)	28.6	1 lb AP = 0.25 lb cooked lean meat
Beef Products <b>Gravy and Swiss Steak<sup>12, 13</sup></b>	Pound	4.66	3/8 cup serving (about 1 oz cooked lean meat)	21.5	1 lb AP = 0.35 lb cooked lean meat
Beef Products <b>Swiss Steak and Gravy<sup>12, 13</sup></b>	Pound	7.00	1/4 cup serving (about 1 oz cooked lean meat)	14.3	1 lb AP = 0.50 lb cooked lean meat
<b>CHEESE (includes reduced fat, lowfat, nonfat, and lite versions of cheese, cheese food, and cheese spread)<sup>14, 15</sup></b>					
Cheese <b>American, Cheddar, Mozzarella, or Swiss<sup>14</sup></b> <i>Natural or Process Includes USDA Commodity</i>	Pound	16.0	1 oz cheese	6.3	1 lb = about 4 cups shredded cheese
	Pound	10.6	1-1/2 oz cheese	9.5	1 lb AP = about 2 cups cubed cheese
Cheese <b>Feta, Brie, Camembert<sup>14, 15</sup></b> <i>Natural</i>	Pound	16.0	1 oz cheese	6.3	
	Pound	10.6	1-1/2 oz cheese	9.5	

<sup>12</sup> Yield data is based on the *Food Buying Guide* yield for raw beef stew meat, practically-free-of-fat.

<sup>13</sup> Purchasers of these products will need to ensure that the name of the food on the product label exactly matches the “As Purchased” description in Column 1.

<sup>14</sup> Any item labeled with the wording “imitation” cheese or cheese “product” does not meet the requirements for use in food-based menu planning approaches and are **not creditable** towards meal pattern requirements.

<sup>15</sup> Due to increased number of illnesses associated with *Listeria monocytogenes*, the Food and Drug Administration has advised pregnant women, the elderly, and persons with weakened immune systems to not eat soft cheese such as Feta, Brie, and Camembert cheeses, blue-veined cheeses, and Mexican-style cheese such as “queso blanco fresco.”